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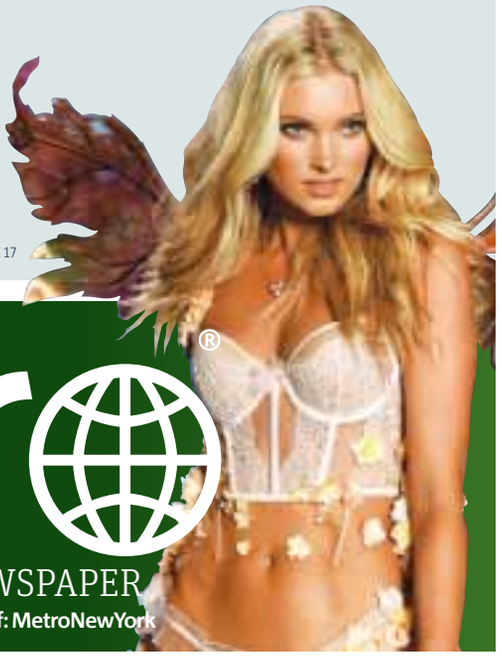
ELSA HOSK ON MODELING AND MORE. PAGE 17



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POLITICOS PROTEST

Joining in. City Council stage a "die-in" in front of City Hall on Monday, as State Attorney General Eric Schneiderman calls for an independent prosecutor to investigate shootings by police. PAGE 02

City Council members stage a "die-in" near the steps of City Hall. / MILES DIXON, METRO

Cabbies may get app in war with Uber

PAGE 04

K. Michelle: Heartbreak inspired her new album

PAGE 18

How to invent the next 'Elf on the Shelf'

PAGE 21

Girlfriend stealing in NFL now an epidemic

PAGE 23

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1 NEWS

Top 3

The best of Metro.us

1 'VIDEO: Man promises to be eaten alive by an anaconda on TV, doesn't deliver'

2 'Victoria's Secret model Elsa Hosk talks lingerie, men and more'

3 'Got an extreme hangover? There is a cure — in a needle'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

AG wants power to probe cop shootings

Justice. Eric Schneiderman says district attorneys have conflict of interest.

Council members Andy King of The Bronx (center) and Ruben Wills of Queens (back, right) protest in the Council Chamber at City Hall on Monday. / MILES DIXON/METRO

New York's district attorneys are too close to the cops to investigate police killings of unarmed civilians, New York Attorney General Eric Schneiderman said Monday, provoking an instant reaction from Brooklyn DA Ken Thompson.

"We have to recognize the loss of confidence in the process, and the urgent need to restore confidence so the people of the City of New York have faith in ... the men and women of the NYPD who serve and protect them every day," Schneiderman said Monday.

Thompson said he was "adamantly opposed" to Schneiderman's plan.

"Local prosecutors who are elected to enforce the laws in those communities should not be robbed of their ability to faithfully and fairly do so in cases where police officers shoot, kill or injure someone unjustly," Thompson said in a statement.

Schneiderman wrote Gov. Andrew Cuomo on Monday, asking him to short-circuit the legislature and issue an executive order allowing Schneiderman, not local prosecutors, to investigate police-involved killings.

"We cannot afford to wait until the legislature returns to Albany, conducts its debates and passes a bill," Schneiderman said.

Schneiderman's plan would apply only to future cases, and would not include the cases of Eric Garner and Akai Gurley, an unarmed man who was shot in East New York last month by a police officer patrolling a dark stairwell.

Police Commissioner Bill Bratton said Sunday the NYPD's internal investigation of Garner's death has just started and will take three to four months. The Department of Justice is reviewing the Garner case for possible criminal civil rights violations.

Schneiderman said executive orders have been used in the past, and would provide a faster solution than Cuomo's plan to change the way grand juries operate.

"This is a step toward New York being able to say the right answer, which is yes, of course black lives matter," said Donna Lieberman, executive director of the New York Civil Liberties Union, said in an interview after the announcement.

Cuomo spokeswoman Melissa DeRosa said reform needs to follow public distrust of the criminal justice system, and the governor is reviewing Schneiderman's proposal.

Visit **Metro.us** to read more about protests and changes.

Quoted

"We cannot afford to wait until the legislature returns to Albany, conducts its debates and passes a bill." Schneiderman

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Crime

Rikers guard charged after inmate 'baked to death'

The Rikers Island guard accused of failing to inspect a hot cell where a former Marine died in February has been indicted on 26 felony and misdemeanor charges, the Bronx District Attorney's office said Monday.

Carol Lackner, 35, was working overnight on Feb. 14 when she failed to inspect inmates held in cells for mental observation, even though she recorded the rounds in her log book, prosecutors said.

That night, Jerome Murdough, 56, died in a cell where the temperature was over 100 degrees. The Associated Press, which first reported the story, said an official told them Murdough "basically baked to death." METRO

Sentencing

Madoff aide gets 10 years

One of Bernard Madoff's longest-serving employees was sentenced to 10 years behind bars for helping run a $17.5 billion fraud.

Daniel Bonventre got a break for not being as bad as his former boss. Prosecutors wanted more than 20 years.

Bonventre wasn't aware of Madoff's Ponzi scheme and didn't intend to steal from customers the way his "soulless" former boss did, Judge Laura Taylor Swain said at a hearing in Manhattan.
BLOOMBERG

Protesters / METRO

NYPD. Battle moves from streets to tweets

The Twitter war is on between the NYPD and protesters.

A first attempt by cops to regain public trust came in a tweet by community affairs boss Chief Joanne Jaffe (@NYPDCommAffairs): "The #NYPD is committed to rebuilding public trust. #Wehearyou."

"Just like you heard #ericgarner's last breath?" answered [Bae]lock Holmes (@Apten0dytes).

"No, you don't. Protecting your own ranks will always come before the public and the law," tweeted Omar H. (@ITOmarHernandez).

Jaffe tweeted again Dec. 7: "#NYPD Grace Under Pressure," accompanied a news photo of a uniformed policeman standing impassively in the face of an angry female protester.

"Where was the grace under pressure when they killed Eric Garner?" from It's Time For Change (@brayandbooks).

The NYPD press office tweeted "New #NYPD 3-Day Training For Officers Promotes Smart Policing," two days after the verdict in the Garner case.

"Did the people who killed #EricGarner go through this? Did they pass? Why did you wait?" said Nadia (@tinyladynadia).

Not everyone has lost faith in the NYPD: "Great work officers! Keep it up. And stay safe out there," tweeted Dan MacNeil (@DanMac2014).
CATHARINA THUEMLING

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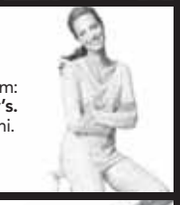

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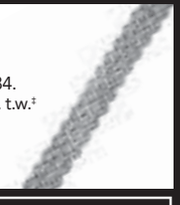

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Taxi app

Taxis could get Lyft over Uber with app

New York City may jump aboard the e-hail business.

City Councilman Ben Kallos wants New York's 13,637 yellow cabs and 6,000 green cabs to get in on the app action, competing with private startups Uber and Lyft.

Kallos said Chicago and D.C. have already created similar apps for existing taxi services.

"Instead of making new technologies illegal, or regulating them out of business," Kallos said in a statement, "we should provide a level playing field with fair competition so that companies, drivers and riders all win."

"We need to have a viable app market for taxis and green cabs. ... We want to make sure any app helps drivers bring income, not lose it," said taxi advocate Bhairavi Desai. **CJS**

Dial tone. 'A**holes' help confused NY'ers

Erik Martin / MILES DIXON, METRO

Hold music, testy customer service reps and complicated advice are unappealing to most, but a crew of Good Samaritans want to bear the brunt for those in need.

Calling themselves A**holes on Demand, Erin Scottberg and Erik Martin are working with a growing list of volunteers who are willing to help anyone — but especially senior citizens, active-duty military personnel and non-English speakers — with frustrating customer service calls and confusing websites.

"We're like the X-Men, but for a**holes!" the site explains.

The idea came about when Martin, 36, said he was put through the wringer by a health insurance company in late October. He took to Twitter to half-jokingly ask for volunteer a**holes and was soon connected with Scottberg.

"I started to think about all the people out there who don't have the means or ability or savviness to tweet at a company or search for customer service numbers," Martin said.

"That old saying that you catch more flies with honey is true," Scottberg said. "The person you're talking to is just doing their job. But remain steadfast on what you want and keep your eyes on the prize." **CHESTER JESUS SORIA**

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Pet project. Brooklyn's Aja Badame turns cat obsession into cash

SECOND SHIFT

Creative ways city dwellers make ends meet

EMILY LAURENCE
Contact us if you have a story to tell: emily.laurence @metro.us

Bio

Aja Badame

Age: 33
Lives in: Fort Greene, Brooklyn
Lives with: Husband
Number of jobs: 2

What are your two jobs?
I work full-time as a music publicist and on the side I run a cat-sitting company, Cat Call.

What inspired your cat-sitting business?
My husband and I needed a pet sitter to watch our two cats. I did a lot of research and found one, but I thought I could do it better. My husband is a designer, so he came up with a great idea for the design and we made the website, CatCall.us, together.

Is it just you doing the cat-sitting?
Yes. I can handle about five clients at a time. I'm busier on the weekends because that's when people go out of town. If I have [gigs] during the week, I get up at 7 a.m. and go before work.

What is the hardest part about working both jobs?

Aja Badame / COURTESY

Travel time. When I first started, I thought I'd be able to care for four different cats each morning, spending half an hour with each cat. But I didn't factor in the 40 minutes of travel time needed for each trip.

Do you do this for fun or do you depend on the income it generates?
A little bit of both. I like PR, but having this side business is helpful in terms of being able to save a little money.

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Sound policing? NYPD accused of using sonic cannon on protesters

Protesters march in Manhattan on Saturday to protest the Eric Garner grand jury decision. / GETTY IMAGES

The NYPD may be using a military-grade sound cannon to disperse civil rights protesters, according to demonstrators.

Video surfaced on YouTube on Saturday night showing that the NYPD appeared to be using a sonic device to disperse protesters rallying against a Staten Island grand jury's decision not to indict a cop in the death of Eric Garner.

An eyewitness said the sound cannon was used after glass bottles were thrown at the officers following police attempts to arrest protesters. The incident occurred near the corner of 57th Street and Madison Avenue.

The cannon is believed to be a long range acoustic hailing device (LRAD), used by the military and law enforcement to disorient and disperse demonstrators. The device was used against Occupy Wall Street marchers in 2011.

Manufactured by LRAD Corp, it's described on the firm's website as providing "military personnel with a powerful, penetrating warning tone that can be followed by clear voice broadcasts."

"You need to give people the opportunity to leave the area on their own accord before resorting to these types of tactics," Amnesty International researcher Justin Mazzola told Metro.

The NYPD did not respond to Metro's request for confirmation prior to deadline.

"Used at close range and at loud volume for an excessive length of time, [LRADs] can pose a serious health risk which can range from temporary pain and loss of balance and ear-drum rupture to permanent hearing damage," Mazzola said.

"It's like a really bad ringing inside your head. The headache kind of spreads all over your face and head," said protester Ashoka Jegroo.

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Security measures taken by US ahead of torture report

White House. A spokesman said the administration welcomed the release of the report.

Graphic details about sexual threats and other harsh interrogation techniques the CIA meted out to captured militants will be detailed by a Senate Intelligence Committee report on the spy agency's anti-terror tactics, sources familiar with the document said.

The report, which the committee's majority Democrats are expected to release today, describes how senior al Qaeda operative Abdel Rahman al Nashiri, suspected mastermind of the 2000 bombing of the U.S.S. Cole, was threatened by his interrogators with a buzzing power drill, the sources said. The drill was never actually used on Nashiri.

In another instance, the report documents how at least one detainee was sexually threatened with a broomstick, the sources said.

Preparing for a worldwide outcry, and possibly even violence, from the publication of such graphic details, the White House and intelligence officials said on Monday they had taken steps to shore up security of U.S. facilities worldwide. REUTERS

A man holds a poster as he protests outside the White House. / GETTY IMAGES

Quoted

"There are some indications that ... the release of the report could lead to greater risk that is posed to U.S. facilities and individuals all around the world."

Josh Earnest,
White House spokesman

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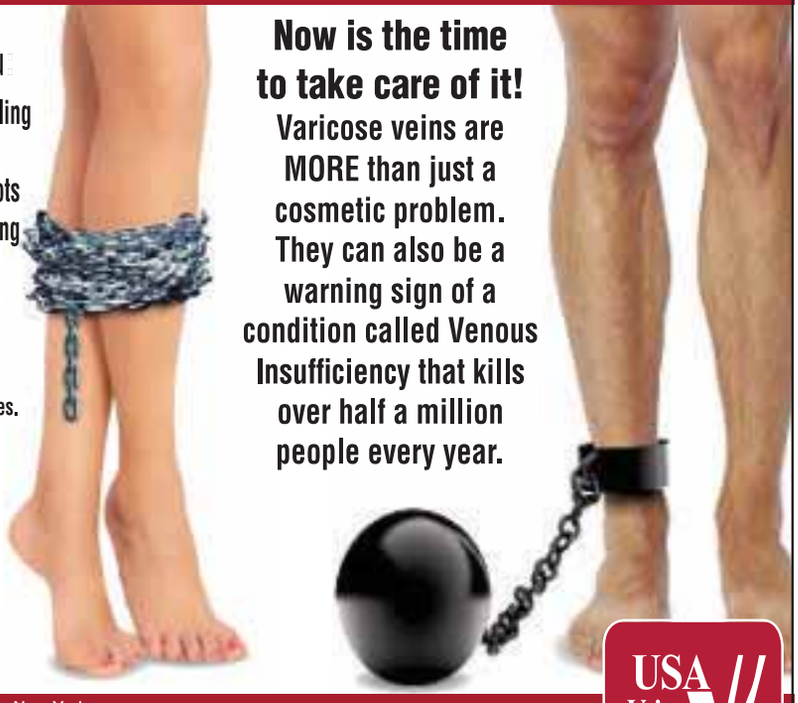

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Maryland. Six people killed when private jet crashes into house

Firefighters inspect the scene after the crash. / GETTY IMAGES

A private jet crashed into a Maryland house on Monday, killing all three people aboard the plane and a mother and two children inside the house, a fire official said.

The pilot of the jet who died in the crash had previously crashed a plane destined for the same airport in 2010, according to records.

The Embraer Phenom 100 crashed into a home about one mile from the Montgomery County Airpark in Gaithersburg, Maryland, a Washington suburb.

According to the Federal Aviation Administration, the plane was registered to Michael Rosenberg, an adjunct professor of epidemiology at University of North Carolina, Chapel Hill and CEO of clinical research company Health Decisions, Inc.

In 2010, Rosenberg crashed another airplane near Monday's wreck site, although there were no injuries in that crash, according to National Transportation Safety Board records. The 2010 accident occurred at the Montgomery County Airpark, also Rosenberg's destination on Monday, when he lost control while landing and crashed into trees, according to records.

Monday's crash killed Rosenberg, who was piloting the aircraft, and the two other people on board, as well as a mother and two children in the home, Montgomery County Fire and Rescue spokesman Pete Piringer said on Twitter.

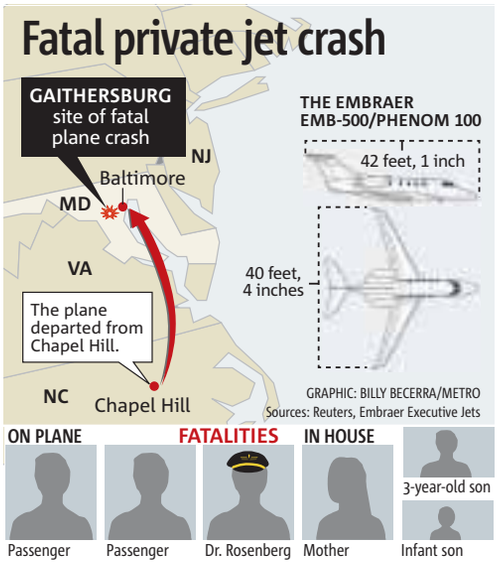
The plane had departed from an airport on the Chapel Hill campus at 9:30 a.m., an NTSB spokesman told a news conference on Monday night. REUTERS

Homes affected

5

A total of five homes were affected by the crash: A fire destroyed two homes, and three others were damaged.

Fatal private jet crash



Gulf spill

Supreme Court rejects BP challenge to settlement

The Supreme Court on Monday rejected BP's challenge to its multibillion-dollar settlement agreement over the 2010 Gulf of Mexico oil spill, which the oil giant complained has allowed payouts to some businesses that are unable to trace their losses to the disaster.

The court's decision not to hear the company's appeal is the latest setback for BP, which is trying to limit payments over a disaster that killed 11 people and triggered the largest U.S. offshore oil spill.

The action means BP must make the payments as it continues to deal with the spill's aftermath.

Fire boats battle a fire at the oil rig Deepwater Horizon April 21, 2010. / GETTY IMAGES

BP signed a 2012 settlement agreement to compensate businesses claiming financial losses due to the spill. But BP has since argued the agreement has been interpreted improperly by Patrick Juneau, the fund's court-appointed administrator, forcing it to pay businesses that could not show damages. REUTERS

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Holiday gifts

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Gift No. 1: Khan Academy

Sign someone up for Khan Academy, a Website with thousands of free video lessons on every subject. In terms of what can change someone's life the most, education — whether it's free or paid for — should be at the top of everyone's list. Sure, everybody wants the latest gadget, smartphone, TV or fashionable accessory, but dare to rise above our materialistic society and show the people you truly care about that the gift of knowledge is far more important and lasting.

Gift No. 2: TIMalerts

My original stock market newsletter, "TIMalerts," is $49.95 per month, and with it you get access to my real-time stock trading alerts (I'm up nearly 175 percent in 2014, my best year ever), daily watch lists and market

What Sykes likes this week

With multiple police controversies now, many U.S. citizens are protesting, mostly peacefully, which is their right.

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that keep on giving

There are so many well-reviewed movies out right now, including the new release "Wild" — I have a lot of catching up to do!

My New York Knicks stink, my New York Giants stink, my Notre Dame football stinks and my UConn men's basketball team stinks. It's rough for me right now.

commentary, a chat room with more than 500 traders and, most importantly, my video lesson library that now has over 2,300 lessons in trading on the stock market, including penny stocks. I already have a few millionaire students, but I want more; to get there you need to study your butt off. My idea of a great party is sipping cocktails at sunset on the Amalfi Coast in Italy with friends and family, but it takes knowledge to get there.

For exclusive commentary, visit **Metro.us/blogs.**

Gift No. 3: Udemy

Udemy has more than 20,000 courses taught by professionals and experts in all sorts of fields, such as music, computer coding and art — almost anything you can think of.

I know my list of three educational Websites is not what you were expecting, but I think education is the single most underutilized tool today, and giving its gift to others can help them earn more money. Hopefully, I can help you realize that the Internet revolutionizes education and will truly change our society as more and more people embrace it.

2

The U.S. stock market just keeps hitting new highs every few days. Embrace the bull market!

3

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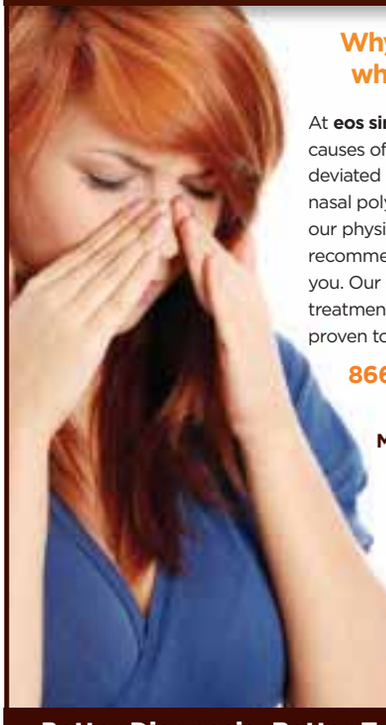

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Art students use iPads to hone their craft

PROFESSOR LYNN PALEWICZ HAS USED IPADS IN HER CLASSES SINCE 2012. / PROVIDED

A painting installation by Moore student Emily Eggly, created in part with digital tools. / PROVIDED

Creativity. Digital tools find a place in traditional fine art classes.

Like students at most art schools, the young women who attend the Moore College of Art in Philadelphia spend their first year on campus diving into the basics of art — learning the foundations of drawing, painting and sculpture.

But along with the pencils, brushes and crayons you'd expect to be in a young artist's tool kit, Moore students also rely on something much more high-tech: their iPads.

Since 2012, Moore has given every first-year student a new Apple device once they arrive on campus. Administrators say they decided to implement the program because they wanted to integrate the digital aspects of the curriculum with the more traditional parts of the program.

"One of the main ways the students use their iPads is as a multimedia sketchbook," says professor Lynn Palewicz, who teaches the foundation of art class all students are required to take. "It's a wonderful container for ideas and allows for experimenting and exploring."

Digital natives

While the first generation of digital natives are now in college, many Moore students, such as Ava Mallett hadn't thought to incorporate digital media into their work before they started classes. "I actually didn't know that was a thing," says Mallet, a sophomore fine arts major who grew up in Texas.

Mallett says the tablet is particularly useful while experimenting with new ideas she's not completely sure of. "Sometimes I will choose a different route with hash marks and colors. Doing that on a physical object is permanent," she notes, adding that having the option of trying things out has given her greater flexibility.

"I like having the iPad because I can have my notes when I prepare my ideas," says student Emily Eggly. "I can use it for things like color testing. And I've been using it to just get information also."

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Adaptation

The learning curve

Some students were hesitant to embrace using their iPads in class alongside other tools. Mallett admits that she was one of them. "At first I thought, 'I'm just going to use it to take notes,'" she says. "But now I use it often."

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Taking little breaks during finals week makes things easier

Hitting 'pause.'
Students learn best after taking a short rest.

Studying nonstop is a recipe for burnout. / GEORGE DOLGIKH

It's about that time in the semester that everyone dreads — finals week. In anticipation of term papers, presentations and tests, students swarm the library armed with books and pages of messy notes or hole up in their dorm rooms, unable to move away from the stack to study all the materials they have to get through. It's a time of stress, sleepless nights and too much coffee.

The key to studying effectively, however, involves taking some breaks from quadratic equations, writing a superb thesis and memorizing every detail about the Crusades. Here are three ways to relax in between your cram sessions:

1 Break out the markers You laugh, but nothing is more relaxing than coloring. Why do you think you loved it so much when you were in elementary school? So head to the bookstore and snag some markers, colored pencils or a traditional yellow box of Crayola crayons. And don't kid yourself; you're never too old to create a masterpiece — or at least color within the lines.

2 Remember to eat Don't fool yourself into thinking that there simply isn't enough time to fuel up with some food (the stale Triscuits and Pepsi in your room don't count). Remember, your brain needs nourishment. Plus, you'll get some much-needed fresh air on the walk to the dining hall.

Take a breather

Turn to the TV

3 Go ahead, give in to your desire to watch an episode of your latest television series addiction. Just remember not to get sucked into the vicious Netflix cycle (watch out for the dreaded auto-start on Netflix TV shows). Be sure to shut your laptop immediately after your episode ends.

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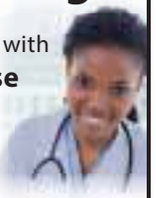

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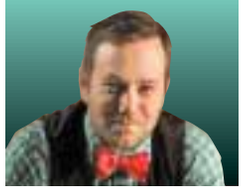

1 Some Big Apple tourist traps we suggest William and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. And while it's too late to avoid them hitting up the Empire State Building — baby, it's cold up there — we still want to save them some time and grief with advice about which tourist traps they should avoid.

'Cabaret' on Broadway
Or whichever bar Shia LaBeouf was drinking at before going to see "Cabaret." That does not end well.

Guy Fieri's restaurant
While the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we really think the Royals would be doing themselves a favor by passing up a chance to sample the Guy-talian Nachos or anything with "donkey sauce."

Those damn Cronuts
Speaking of food, the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so our British guests would probably want to avoid them anyway.

Hot Bird, or any other Brooklyn bar currently enforcing a ban on babies
While Prince George is sitting this trip out, it would look like a betrayal to fellow parents if Kate were to cross the stroller-choked picket line.

Taylor Swift's Tribeca loft
William and Kate already have a good idea what a mob of paparazzi looks like, and they shouldn't buy into the "NYC Welcome Ambassador" nonsense. Swift is hardly the best person for the job, after all.

ALL PHOTOS GETTY IMAGES

2 Leonardo DiCaprio should maybe pace himself in Miami

While he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by a party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News, adding, "Leo and 20 girls. He is my hero." The source also mentioned this: "His face was hilarious."

3 Taylor Swift shakes off same-sex rumors

Congratulations, Taylor! You've reached the lesbian-rumor stage. Sources say Swift and model Karlie Kloss are more than friends, saying photos show the pair making out in the balcony of a concert. Or they could've just been trying to talk during a concert.

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Get to know Victoria's Secret model Elsa Hosk

OUT OF HER WAY!
GETTY IMAGES

Interview. Meet her before the big show airs tonight at 9 p.m. on CBS.

You might know Elsa Hosk as the Victoria's Secret model who smacked Ariana Grande with her wings during the 2014 runway show. But there's more to her than that.

"My dad is such a goof. He sent pictures of me to modeling agencies in Sweden," reveals Hosk backstage during the Victoria's Secret show in London, which airs tonight at 9 p.m. "It's a little frustrating because he takes so much credit for my success. I'm like, 'Dad!' but I'm totally happy about it." The 26-year-old Swede's modeling ability ended up eclipsing her first dream: playing in Sweden's women's basketball league.

It's a sport she still misses. "Every time I pass a basketball court, my hands are like, 'ahhh,'" she says, twitching her fingers to demonstrate.

Now based in New York, the Stockholm native dedicates her time away from modeling to working with FAIR Girls, a nonprofit helping victims of female exploitation such as sexual abuse and trafficking. It's a group she discovered after watching the hard-hitting movie "The Whistleblower," which examines sex trafficking in Bosnia.

"I was like, 'Oh my God' after seeing that," she says. "It was so heartbreaking."

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Heartbreak and hip-hop

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Fiery songstress K. Michelle goes soft with her new album.

Quoted

"I see it as a way to heal."

K. Michelle, on her new album, "Anybody Wanna Buy a Heart?"

K. Michelle plays The Apollo (253 W. 125th St.) tonight at 8 p.m. / KEITH MAJOR

Those familiar with K. Michelle — whether it's from watching VH1's "Love & Hip Hop" or listening to her debut album, "Rebellious Soul" — know she doesn't hold back. The R&B singer-songwriter is showing a softer side with her sophomore LP, "Anybody Wanna Buy a Heart?" and her VH1 reality show, "K. Michelle: My Life." We talk to her about exposing her pain and letting people see the real K. Michelle.

Heartbreak and healing: "When I was recording the album, I was really trying to come to grips with something and [needed to] either get over it or decide whether I wanted to stay in it. So it was a good time to record an album," Michelle says. She tells us almost all the songs are about the same person; according to the Internet rumor mill, that person is actor Idris Elba.

"Maybe I Should Call" is especially raw, a song about being in love with a man who is having a baby with another woman. "I sent him a couple songs off the record, and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle says. But when asked if she saw the album as a way to have the last word, she said no: "I see it as a way to heal."

About that Drake song: Not all of the songs are intensely emotion-filled. "Drake Would Love Me" is basically a fan's love song to Drake. "Girls look at Drake and think, 'He's so sweet.' He's the only one singing real love songs to girls. Other guys are offensive to women," Michelle says. "I sent Drake the record, and he loved it. He was like, 'This is dope. This is crazy. I'm so honored.'"

Reality TV vs. her reality: "The finale [which aired yesterday] was shocking for me to experience," she says. "I thought, wow, [my life] really is made for TV."

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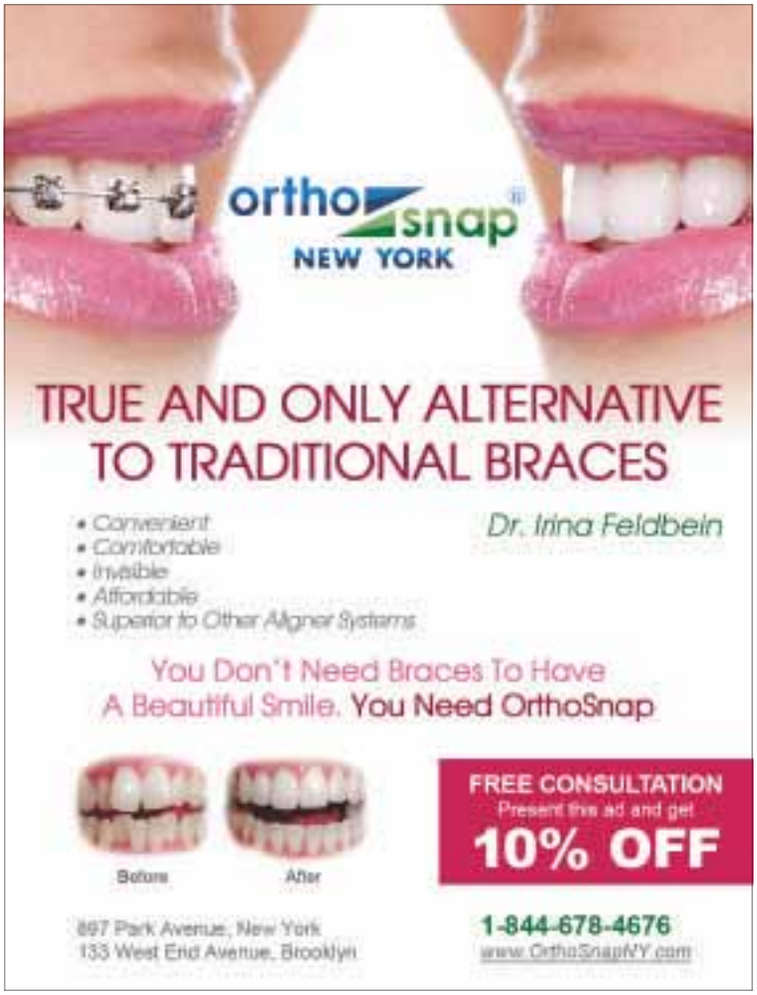

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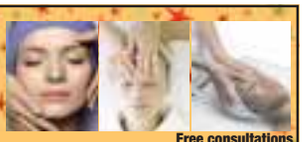

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Is Your Smile Your BFF or Your Frenemy?

Smiling is one of the most widely accepted and understood facial gestures made by people across the world. It is interpreted to mean joy, comfort, love, and many other positive emotions. We use it to communicate our feelings in any environment: personal and professional. "Smiling expresses conviction, wisdom, and professionalism," says Dr. Marc Liechtung, a leading General, Cosmetic, and Restorative Dentist at *Manhattan Dental Arts*, located in Lincoln Center, at *1995 Broadway (at 66th St), Suite 200*. It is a key ingredient in a first impression and it is how we want to be remembered as we part ways. Whether it is an important meeting at work, relaxing with good friends, enjoying a first date, or playing with your children, your smile shows you in your best light. Has your smile been performing at its absolute finest in all of these scenarios for you?

You are probably doing everything you know to be possible in order to ensure that your smile is worthy of the big screen. From daily brushing and flossing to semi-annual visits to the dentist for cleanings and check-ups, there is never such a thing as caring too much for the health of your smile. There are times, of course, where more advanced work might be required. This is often due to the natural wear that years of using your teeth may have; previous work that might not have been completed properly; or an accident that may have caused damage. While everybody's situation is unique and some cases are more complicated than others, it is important to understand the entire story so that a quick and comfortable solution can be made.

Dr. Liechtung has been performing dentistry for over 20 years. He graduated from the University Of Pennsylvania School Of Dental Medicine in 1986. The following year he graduated from an Advanced Restorative and Implant fellowship at the university. He works with an incredible team of Ivy League trained dentists. Dr. Steven G. Goldberg, the inventor of the DentalVibe, a cutting-edge device that eliminates pain from injections, has been practicing for over 20 years. Dr. Bernadette Sawa, a leading prosthodontist, who offers advanced implant & restorative dentistry. Dr. Priya Duggal, an outstanding periodontist, who also provides surgery in implants and oral surgery. Dr. Daniel Jacobs, an established general, restorative, & cosmetic dentist. Finally, there is Dr. Eric Nevison, a profoundly skilled endodontist.

We sat with Dr. Liechtung at his multi-specialty dentistry, where he and his team provide the highest quality patient care. We discussed several common dental issues and some of the procedures performed to resolve them.

Chipped Teeth

Dr. L: The typical long term solutions for unwanted gaps between teeth, also known as diastema, are braces, Invisalign, or dental bonding. While braces are usually frowned upon by most adults because they are highly visible, we offer the Invisalign solution, which offers a nearly invisible aligning appliance. For those that are looking for a much quicker, longer term solution, we provide a highly artistic approach to dental bonding, which can usually be completed in one day if bonding a single tooth. We can even perform a permanent retainer bonding procedure.

Missing or Partially Missing Teeth

Dr. L: Missing teeth can result from a number of reasons including malnutrition, accidental loss, various oral diseases, or even hypodontia, where the specific teeth never developed. The result is often more than just aesthetically unattractive, it can lead to further problems, such as bad breath, additional tooth loss, gum injuries, or other health concerns due to improper food breakdown and digestion. At *Manhattan Dental Arts*, we understand how discomforting missing teeth can be. Upon examining the patient, we can suggest the best possible long term options for them to take. For missing or partially missing teeth, this can be dental crowns or bridges, implant surgery, inlay or onlays, and full or partial dentures. Making sure the patient is happy with their smile is our highest priority. We work with each patient to carefully outline the procedures and expected outcomes.

Stained and Discolored Teeth

Dr. L: Discoloration of the teeth varies widely in severity and can be caused by different reasons including normal darkening over time, a diet heavy with dark foods and drinks like coffee and chocolate, smoking, or even internal tooth problems. For stains that are caused by external contributors, such as food or smoking, we offer several whitening procedures that work wonderfully to make your smile shine brightly. Internal tooth problems are more complex as it might be due to infection or problems at the root level. In this case, an x-ray would confirm the best route, which might be as simple as taking antibiotics or something more involved, such as root canal therapy. Regardless of the severity or treatment selection, the Ivy League trained staff at *Manhattan Dental Arts* is perfectly equipped to make treatment and post treatment as comfortable as possible.

These are just a fraction of the services, which includes sedation options, gum treatment, and various veneer options, that we offer at *Manhattan Dental Arts*. The website, www.ManhattanDentalArts.com, provides a complete list of services and more about the practice. Your calls to (212) 95 - SMILE and emails to Info@ManhattanDentalArts.com are always welcome and we would love to discuss your smile with you today. We are currently offering a *new patient special*, which includes a cleaning, exam, and x-ray for only $99. This is an incredible deal and very affordable even if you don't have insurance.

There are times when extensive dental work might not be the immediate solution to achieving that perfect smile. For example, prior to or during a long term treatment, a situation where a non-invasive solution must be implemented; or a temporary cosmetic solution that can be easily removed. For these times, there exists the Snap-On Smile. Having spent almost two decades dedicated to his patient's restorative and cosmetic needs inspired Dr. Liechtung to create an innovative approach in 2008, the Snap-On Smile. He invented this multi-purpose restorative appliance to give those in need a way to achieve a beautiful, brand new smile without expensive, uncomfortable, and invasive procedures. In the following section, Dr. Liechtung offers us an overview of this incredible product.

Rpc: What is the Snap-On Smile?
Dr. L: The Snap-On Smile is an affordable, reversible, and absolutely pain-free solution to a wide array of dental problems, including gapped, crooked, or stained teeth. You just snap it onto your teeth when you want to wear it and continue with your day. None of the adhesives or discomfort that come with other products and you can eat and drink as you normally do without worry.

Rpc: Who is the Snap-On Smile for?
Dr. L: This appliance is perfect for anybody looking for non-invasive and non-permanent restorative or cosmetic dentistry. If you are unable to receive crowns, veneers, or implants due to medical conditions, age, or fear of extensive dental work, the Snap-On Smile will work for you.

Rpc: What is the process for getting the Snap-On Smile?
Dr. L: It's really simple; it takes only 2 visits! After our consultation, we take an impression of your upper and lower teeth. We'll then discuss the best shade and shape to use for your Snap-On Smile. Finally, your details are sent for fabrication and your beautiful new smile is ready to wear within 10-14 days.

Rpc: Is it painful at all?
Dr. L: Absolutely not! This is a non-invasive procedure, which means there are no needles or drills involved. Even if a nervous patient wanted any additional work, which might require more complicated procedures, we offer sedation dentistry. Nitrous oxide gas or oral pills can be prescribed to allow the patient to feel perfectly calm during any complex procedure while maintaining awareness and being able to interact with us.

Rpc: What is it like to wear the Snap-On Smile?
Dr. L: The Snap-On Smile is made of a highly durable and non-porous material, which allows it to be extremely thin and non-intrusive during regular wear. There is no limit to what can be eaten and simply cleaning it will ensure it remains stain-free. It firmly attaches to the teeth to minimize the risk of it falling or moving while you enjoy your day.

The Snap-On Smile has improved the quality of life for tens of thousands of people world-wide. It is being offered by dentists internationally. Take advantage of living in NYC, where the inventor of the Snap-On Smile sees patients, and schedule a visit. Dr. Liechtung sees patients at the *Manhattan Dental Arts* office. He is available for Snap-On Smile consultations and to discuss all your dental needs. Simply call (212) 95 - SMILE or email him today at Info@ManhattanDentalArts.com

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Miriam Toews writes from the heart in her new novel

Bittersweet. "All My Puny Sorrows" is the author's most intimate book yet.

Best-selling author Miriam Toews is not known for breezy reads. Her books ask big questions and her latest novel, "All My Puny Sorrows" is no exception. In the book, Yolandi, a divorced mom of two, rushes to her sister Elfrieda's bedside when she is hospitalized after a suicide attempt. The sisters have already lost their father to suicide, and Elfrieda, who is a famous pianist, has her mind made up to be a successful suicide as well. Will Yolandi help her sister die, or will Elfrieda die alone?

"All My Puny Sorrows" is Miriam Toews's seventh book. / CAROL LOEWEN

Art imitating life

The book mirrors Toews's own life: Her father and sister both committed suicide. "After my sister died, I didn't write anything for two years. I was grieving in every respect," Toews says. "But as time passed, it became clear to me that I would have to write about this, because that's what I do; I take the events in my life and fictionalize them."

What would you do?

At its heart, the book is about survival, forgiveness and love. "What do you do when someone you love wants to die? And how do you survive that kind of catastrophic loss?" Toews wonders aloud.

Understanding suicide

Toews hopes her book will help people see that the psychic pain suicidal people feel is just as real as physical pain: "If we can [understand that], we might be less resistant to talking about suicide."

A second goodbye

The end of the book is bittersweet for the reader, and for Toews, finishing writing it was bittersweet as well. "Writing it was a way of keeping my sister alive, so coming to the end of that meant another grieving process in a way," she says. But it's perhaps through Toews's great loss that she can show others how to live.

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‘Elf on the Shelf’ gets a new holiday twist

Christmas spirit. Founder Chanda Bell tells us how her brand continues to grow, plus the secret behind her million-dollar idea.

If you’re a parent, you’ve heard of “The Elf on the Shelf.” Since its release in 2005, more than six million people have bought the box and plush toy set, which has inspired a TV special and a float in the Macy’s Thanksgiving Day Parade. Not too shabby for an idea sparked by a mother and her daughters. We talked with one of the founders, Chanda Bell, about the brand’s success, the newest product and how you can create your own million-dollar idea.

From a family idea to a worldwide phenomenon

“It’s been completely overwhelming and it’s really an honor to see the ways families have embraced ‘The Elf on the Shelf,’” Bell says. “We do not take that lightly.” She adds that despite how much the brand has grown, their mission to help create traditions has remained the same. “We’re focused on creating family moments and everything must pass that [test],” she says.

More than six million people have purchased “The Elf on the Shelf,” which was co-created by Chanda Bell (inset). / ALL PHOTOS PROVIDED

Going digital

Kids can get tips for taking care of their “Elf Pets” using the “Elf Pet” app, which also has games. And if you’re looking for “The Elf on the Shelf” ideas, you can find tons using the app as well. It’s written in a way that it doesn’t expose any secrets, so it’s safe for your kids to read it. If apps aren’t your thing, you can sign up for a weekly e-newsletter that has simple ideas, or just head to their website, Elfontheshelf.com.

How to launch your own product idea

If you want to follow in Bell’s footsteps, she has two key pieces of advice: Be passionate and don’t overestimate your success. “Create success where you are,” she says. “It’s a good way to keep you out of debt. If you can’t sell to [the people around you], chances are the world won’t want it either.”

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Visit **Metro.us** for hilarious “Elf on the Shelf” ideas your kids will love.

PLUS

Just released

The latest addition

This holiday season, a new “Elf” product is hitting stores: “Elf Pets.” Unlike the traditional “Elf on the Shelf,” kids can hold and play with their “Elf Pet.” “The idea is that Santa is having trouble at the North Pole because his sleigh won’t fly due to a lack of Christmas spirit,” Bell explains. “Santa sees all these tiny reindeer that are the ‘Elf Pets’ who volunteer to help Santa. Every time a child loves or takes care of their reindeer, they’re building the Christmas spirit. The idea is that on Christmas Eve, kids have loved up their reindeer enough to make Santa’s sleigh fly and the reindeer will grow full-size and help pull the sleigh.”

Travel. Who knew? Pittsburgh is charming over the holidays. Here are three things to do

With all the cash you’re spending on presents, that extravagant vacation is going to have to wait. But that doesn’t mean you can’t enjoy a winter getaway. Pittsburgh decks itself out for the holidays, making for a relatively inexpensive vacation just a short plane ride away.

The open-air holiday market in Market Square, in the Cultural District, is a popular spot for buying gifts — and maybe a souvenir or two for yourself. / PITTSBURGH DOWNTOWN PARTNERSHIP

Choo choo train

1 Generations of Pittsburghers have grown up visiting the Carnegie Science Center (1 Allegheny Ave.) to see the miniature railroad and village, built in 1920. Check out the hand-painted scenes of what life was like in small-town Pennsylvania from the 1880s to the 1930s.

For the birds

2 Fortunately, the birds haven’t headed too far south: They’re at the National Aviary (700 Arch St.). “Wings of Winter” features its feathery celebrities gliding to festive music. Don’t miss the African penguins.

Founding father

3 It’s hard to overstate the impact industrialist Henry Clay Frick had on Pittsburgh. Each year, Frick and his family would return home to Clayton to celebrate Christmas. Tour Clayton (7227 Reynolds St.), decorated for the season, and visit the Frick Art Museum. **LAKSHMI GANDHI**

Hotel pick

Sleep here

At 98 years old, the Omni William Penn lays claim to being the oldest hotel in Pittsburgh. It’s also where President Obama and celebrities stay when they come to town.

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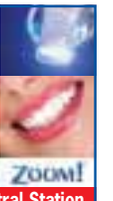

Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. A friend asking for personal advice is likely to blame you for meddling if you make suggestions.

♑ Capricorn | Dec. 22-Jan. 20. You should stay active and in control if you want to take part in something special. New beginnings may tempt you, but they will end up disappointing.

♒ Aquarius | Jan. 21-Feb. 18. Consider your options. Assess your talents and focus on endeavors that would make good use of your skills. A part-time job will help pay expenses.

♓ Pisces | Feb. 19-March 20. You can find interesting companions if you attend activities. Involve yourself in a cause you care about.

♈ Aries | March 21-April 20. Attending professional functions will enable you to sharpen your people skills. Career advancement is likely if you show how responsible you can be.

♉ Taurus | April 21-May 21. This is not a good time to deal with government agencies or institutions. Your loved ones will have a lot to say if you invest without consulting them first.

♊ Gemini | May 22-June 20. Trying to please everyone will not help you get ahead. You shouldn't feel guilty about concentrating on your own priorities.

♋ Cancer | June 21-July 22. Don't take criticism or negative remarks to heart. Overreacting will turn out to be a waste of time.

♌ Leo | July 23-Aug. 22. Spend time with your mate or close family or friends. Your generosity will not go unnoticed, and your charisma will draw everyone to your side. Romance is in the stars.

♍ Virgo | Aug. 23-Sept. 22. You'll get along better with new acquaintances than you will with relatives today. Cultivate friendships.

♎ Libra | Sept. 23-Oct. 22. Uphold any commitment you've made to your employer, peers or family. Don't allow your emotions to overshadow what needs to be done.

♏ Scorpio | Oct. 23-Nov. 21. Financial gains are apparent. Look at your plans. Once you are satisfied with your strategy, you should present what you have to offer. EUGENIA LAST

Sudoku: Easy and hard

	1			7	6	3	5	
6								
2	3	4			9		7	
4				9			2	
			6	8	3			
	8			2				6
	4		7			5	1	2
								7
	2	7	4	6			3	

		2	8		5		9	
9			4			3		5
		5	9			4		
			1		6	2		8
				2				
7		1	5		9			
		6			4	1		
2		7			1			9
	4		2		8	5		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Studies don't prove

Re: 'Mediterranean diet proven to help you live longer' (Metro, Dec. 8) Nonsense. An observational study can show an association at best. To prove that such a diet can lead to a longer life would require randomizing people to this diet or their regular one and observing them for a lifetime. Age at death is the important outcome, not telomere length, although that might correlate.
DAN KELLER, VIA EMAIL

Obama just can't win

Re: 'Poll: Race relations worse since Obama took office' (Metro, Dec. 8) A recent Bloomberg News poll and article suggests not only the deterioration of race relations since President Obama took office, but allude to the fault being that of the president himself. It is true that President Obama has not been proactive on the issue of race. He has addressed race officially approximately six times in 10 years, and each time in much the same way as his white presidential predecessors — cautiously and in reaction to some event. Had he avoided race completely, the fears of many of his black supporters would be confirmed: He isn't black enough. Talk about a no-win situation.
LARRY D. FOWLER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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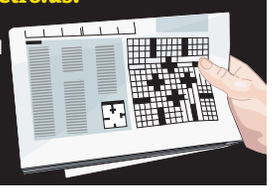
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

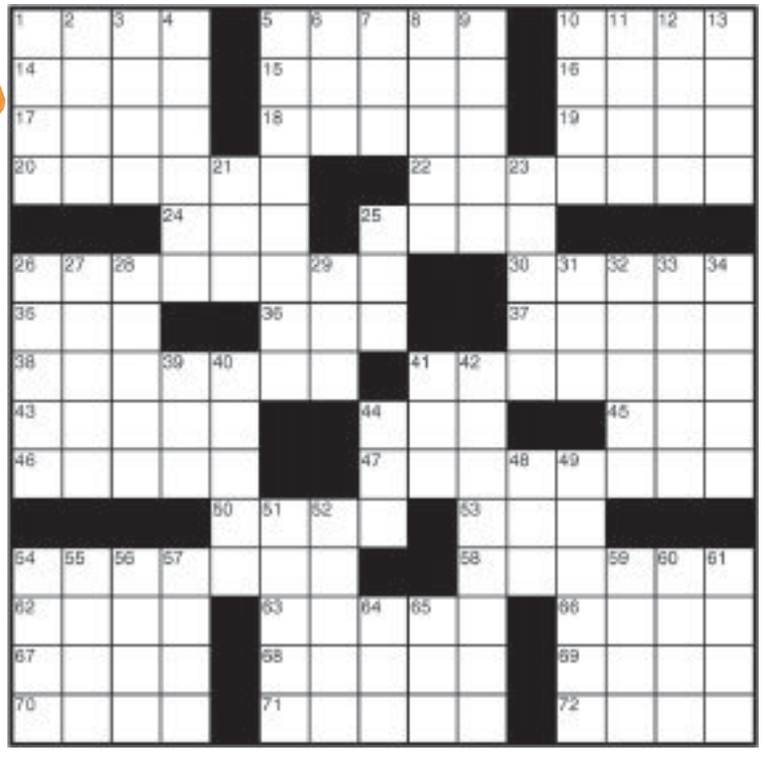


Crossword

Across
1 "Puppy Love" singer
5 Accordingly
10 Close, to a poet
14 Empty space
15 Tori Spelling's dad
16 On board ship
17 Four-letter word
18 Where Asia begins
19 Musical symbol
20 Rotates
22 Prove more durable
24 NBA official
25 Attracted
26 Practice
30 Orchard pest
35 Consume
36 Up in the —
37 Peace goddess
38 Make sense (2 wds.)
41 Not specific
43 Like a wolf's howl
44 Hither and —
45 Que. neighbor
46 Roomy vehicle
47 Contraptions
50 Zilch
53 007's — Fleming
54 Stylish beard (2 wds.)
58 Take a dive
62 Jacques' girl
63 Indian potentate
66 Axiom
67 Lineman's coup
68 Deliver a speech
69 Jeannie portrayer
70 You, formerly
71 More modern
72 Gainsay

Down
1 State positively
2 Beery or Webster
3 Wind catcher
4 Remain loyal
5 She's at home in Germany
6 Maize unit
7 D.C. gun lobby
8 Painter's choice
9 Happen next
10 Table salt
11 —Mujeres, Mexico
12 Turns right
13 Knife handle
21 Open meadow
23 Clemens alias
25 "— Rosenkavalier"
26 Crafty moves
27 First name in cosmetics
28 Listened
29 Drink slowly
31 Opposite of post-
32 Great blue —
33 Ludicrous
34 Shoulder muscles
39 KGB foe
40 Loggins or Rogers
41 — — few rounds
42 Put into code
44 Vocalist -- Sumac
48 "2001" computer
49 Toughened
51 Ohio city
52 "The Wreck of the Mary —"
54 Immense
55 Calcutta nanny
56 Warm-hearted
57 Hockey feint
59 Rubens model
60 Secluded valley
61 —, meeny, miney, moe
64 Mandible
65 Downed a sub

Yesterday's answer



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GIRLFRIEND SWIPING THE NEW NFL TREND

Playing the field

MATT BURKE
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Another week, another superstar football player stealing a lesser football player's girl.

Last week, former Oklahoma running back Brennan Clay used Twitter to accuse Cowboys running back DeMarco Murray of sleeping with his wife.

This week, there's a daytime social media drama playing out between not one, but two current NFL players as Lions tight end Joseph Fauria is claiming that Seahawks quarterback Russell Wilson swiped his woman, model Erika Ann Hammond.

Fauria tweeted at 12:11 a.m. Monday, "Hey @DangeRussWilson enjoy her @ErikaAnnHammond. She had me thinking she was a loyal GF. I almost feel you @BrennanClay24 #SprayTan."

The spray tan hashtag is a direct reference to the Bleacher Report story from earlier this season that said some of Wilson's black teammates on the Seahawks didn't believe Wilson was "black enough." But I suppose when another guy steals your girl, any insult is game.

CM PUNK WITH HIS WIFE, AJ LEE, AT UFC 181 LAST SATURDAY. GETTY IMAGES

If the Seahawks and Lions meet in the playoffs (which could very well happen with both teams currently at 9-4), could we expect Detroit to utilize Fauria in a reverse J.J. Watt role and line him up as a defensive end?

UFC going fake?

So what is this CM Punk/UFC marriage really about? Ratings and PPV buys, of course. The UFC is no longer riding that tidal wave of popularity it enjoyed in the mid-2000s. Similarly, pro wrestling hasn't been "hot" since the early 2000s. So, what if Dana White and the UFC created their own WWE? They certainly have the resources. We have seen countless MMA guys over the years try their hand at pro wrestling. Their presence has given wrestling a sense of realism. Conversely, maybe we're at the point where UFC needs to get a little more "fake."

So what's stopping White from setting up two divisions within the UFC? One could be the traditional UFC, with the Octagon — the real fighting — and the other could be the "sports entertainment" division, featuring guys who are good on the mic but not so good on the "real" mat.

Punk's presence would give this "fake" division immediate respect considering he's easily the most controversial name in "sports entertainment" today. There would obviously be "fighters" jumping from division to division all of the time. And when a particular pro wrestling feud needed its burn-off match it could just "take things to the Octagon" to have a "real fight." It could work the other way too. When a certain traditional UFC performer doesn't "have it" anymore, he (or she) could immediately defect to the squared-circle.

White has often been compared to Vince McMahon in the past. But in terms of innovation, if White were to pull off something like this, he'd not only make McMahon look like the out-of-touch old promoter Punk claims he is, but he'd be revolutionizing not one, but two genres.

Lions tight end Joseph Fauria seemed to have accused Seahawks quarterback Russell Wilson of something Monday. / GETTY IMAGES

3 SPORTS

MLB

Yankees may budge

The Yankees may be ready to dish out four-year deals to David Robertson and/or Chase Headley, according to an ESPN report. The report said that the Yankees like the idea of building a "super pen" by bringing back Robertson to put aside Andrew Miller.

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